



PROJECT

KEYSTONE

Crisis Counseling and Disaster Support

Delivering crisis counseling through community-based outreach and supporting short-term interventions that help disaster survivors understand and handle the feelings they are experiencing. The counseling directs them in a review of their recovery options, discusses their reactions, and promotes the use or development of coping strategies. The counseling also provides emotional support and encourages linking with other individuals and agencies that may help survivors in their recovery. The goal is to return affected individuals to their pre-disaster level of functioning.

The program's key principles are promotion of resilience, empowerment, and recovery. Crisis counselors do not classify, label, or diagnose individuals. No records or case files are kept.

Crisis counseling is:

- **Outreach Oriented**—Crisis counselors deliver services in the communities rather than waiting for survivors to seek their assistance.
- **Conducted in Nontraditional Settings**— Crisis counselors make contact in homes and communities, not in clinical or office settings.
- **Designed to Strengthen Existing Community Support Systems** - The crisis counseling program supplements, but does not take over or replace, existing community systems.

Lebanon County has two teams (4 counselors) and a supervisor staffed by Lebanon County residents. The teams are available to provide individual, family, and group counseling; community support and education. Interventions may include door to door canvassing of survivors, attendance at community events, and participation in school activities and events.

For more information or to schedule a meeting please contact:

Shem Heller at 717-507-6361 or heller58a@gmail.com

GET RID OF MOLD

After a flood, mold **WILL** grow in your home.
It can make you sick.
You **WILL** need to clean your house thoroughly.

Take outside anything that was wet for 2 or more days. Things that stayed wet for 2 days have mold growing on them **even if you can't see it.**



Throw out things made of cloth, unless you can wash them in **hot** water. Also throw out anything that can't be cleaned easily (like leather, paper, wood and carpet).

When in doubt, throw it out!

Use a bleach mixture to clean mold off hard things (like floors, stoves, sinks, certain toys, countertops, flatware, plates and tools). **Look everywhere in your house for mold.**

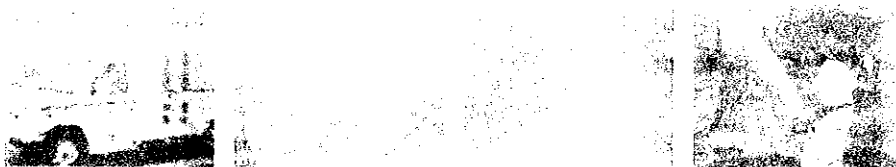
Follow these steps in cleaning:

- Mix 1/2 to 1 cup bleach in 1 gallon of water.
- **Never** mix bleach with ammonia or other cleaners.
- Open windows and doors to get fresh air when you use bleach.
- Wear rubber boots, rubber gloves, goggles and a N-95 mask.
- Wash the item with the bleach and water mixture.
- Scrub the surface with a stiff brush if the surface of the item is rough.
- Rinse the item with clean water.
- Dry the item or leave it out to dry.
- Cut out and discard insulation and wallboard from 1 foot above the visible damage mark.



Tips for Survivors of a Traumatic Event

Managing Your Stress During a Disaster



Know When to Get Help

Sometimes things become so overwhelming that you need help from a mental health professional. If you or someone you know threatens to hurt or kill him/herself or another person; looks for ways to kill him/herself; talks or writes about death, dying, or suicide; feels rage, uncontrolled anger, or desires revenge; or shows signs of stress (listed on the previous page) for several days or weeks, GET HELP.

What You Should Know

When you are exposed to stressful events, be aware of how these events can affect you personally. Most people show signs of stress after the event. These signs are normal. As your life gets back to normal in future months, they should decrease. After a stressful event, monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress. And know when to get help.

Know the Signs of Stress

Your Behavior:

- An increase or decrease in your energy and activity levels
- An increase in your alcohol or tobacco use
- An increase of irritability, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Crying frequently
- Worrying excessively
- Wanting to be alone most of the time
- Blaming other people for everything

- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun

Your Body:

- Having stomach aches or diarrhea
- Having headaches and other pains
- Losing your appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches
- Being easily startled

Your Emotions:

- Being anxious or fearful
- Feeling depressed
- Feeling guilty
- Feeling heroic, euphoric, or invulnerable
- Not caring about anything
- Feeling overwhelmed by sadness

Your Thinking:

- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly and concentrating
- Having difficulty making decisions



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

Information Clearinghouses

National Mental Health Information Center (NMHIC)

P.O. Box 42557, Washington, DC 20015

(800) 789-2647 (English and Español)

(866) 889-2647 (TDD)

www.mentalhealth.samhsa.gov

National Clearinghouse for Alcohol and Drug Information (NCADI)

P.O. Box 2345, Rockville, MD 20847-2345

(800) 729-6686 (English and Español)

(800) 487-4889 (TDD)

www.ncadi.samhsa.gov

Treatment Locators

Mental Health Services Locator

(800) 789-2647 (English and Español)

(866) 889-2647 (TDD)

www.mentalhealth.samhsa.gov/databases

Substance Abuse Treatment Facility Locator

(800) 662-HELP (4357) (Toll-Free,

24-Hour English and Español Treatment Referral Service)

(800) 487-4889 (TDD)

www.findtreatment.samhsa.gov

Hotlines

National Suicide Prevention Lifeline

(800) 273-TALK (8255)

SAMHSA National Helpline

(800) 662-HELP (4357) (English and Español)

(800) 487-4889 (TDD)

Workplace Helpline

(800) WORKPLACE (967-5752)

www.workplace.samhsa.gov/helpline/helpline.htm

Know How to Relieve Stress

You can manage and alleviate your stress by taking time to take care of yourself.

Keep Yourself Healthy:

- Eat healthy foods and drink water
- Avoid excessive amounts of caffeine and alcohol
- Do not use tobacco or illegal drugs
- Get enough sleep and rest
- Get physical exercise

Use Practical Ways to Relax:

- Relax your body often by things that work for you—take deep breaths, stretch, meditate, or wash your face and hands
- Pace yourself between stress activities—do a fun thing after a hard task
- Use time off to relax—eat a good meal, read, listen to music, take a bath, and talk to family
- Talk about your feelings to loved ones and friends often

Pay Attention to Your Body, Feelings, and Spirit:

- Recognize and heed early warning signs of stress
- Recognize how your own past experiences affect your way of handling this event, and think of how you handled past events
- Take time to renew your spirit by meditation, prayer, and helping others in need

Have a Plan to Manage Your Tasks:

- Do the important things first. Find a safe place to stay. Get water and food. Tell family where you are and how they can contact you. Get papers for your property, insurance, bank, medical records, and job qualifications from the agencies if you lost them in the disaster. Know that it will take time to get your life in order.
- Know that “waiting” alternates with being “overwhelmed.” Be patient with yourself and others.